

# DELTA/WAVERLY ACTIVITIES

The Activity Cancellation Phone Number is 484-9322  
**Waverly East Intermediate School Pool Swim Schedule**  
**Winter 2005**

**Effective January 3, 2005 - March 2005**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-10:00 am Splash Aerobics	9:00-10:00 am Deep water Aerobics	9:00-10:00 am Splash Aerobics	9:00-10:00 am Deep Water Aerobics	9:00-10:00 am Splash Aerobics	<b>Lifeguard Training class for ages 15+</b>  <b>9am-5pm on 1/8, 1/22, 2/5</b>  <b>Please call 484-5600 to register</b>
10:00-11:00 am Low Impact Splash Aerobics	10:00-11:00 am Arthritis Plus Aquacise	10:00-11:00 am Low Impact Splash Aerobics	10:00-11:00 am Arthritis Plus Aquacise	10:00-11:00 am Low Impact Splash Aerobics	
11:00-12:00 pm Arthritis Aquacise		11:00-12:00 pm Arthritis Aquacise		11:00-12:00pm Arthritis Aquacise	
12:00-1:00 pm Lap Swim		12:00-1:00 pm Lap Swim		12:00-1:00 pm Lap Swim	
3:00-4:00 pm Walk/Run Splash Aerobics		3:00-4:00 pm Walk/Run Splash Aerobics		3:00-4:00 pm Walk/Run Splash Aerobics	
4:00-5:00 pm Lap Swim	4:00-6:00 pm Youth Group Swim Lessons		4:00-6:45 pm Youth Group Swim Lessons	4:00-5:00 pm Lap Swim	
5:00-5:45 pm Deep Water Aerobics		5:00-6:00 pm Lap Swim			
6:00-6:45 pm Splash Aerobics		6:00-6:45 pm Splash Aerobics			
6:45-7:30 pm Arthritis Plus	6:30-8:00 pm Family Swim	6:45-7:30 pm Arthritis Plus			
7:30-8:30 pm Lap Swim		7:30-8:30 pm Lap Swim	7:00-8:30 pm Family Swim		

# DELTA-WAVERLY ACTIVITIES AQUATICS PROGRAM

Waverly East Intermediate School Pool, Lansing Michigan

Phone: 517.484.5600

<http://www.deltami.gov/parks/aquatics.htm>

## Activity Cancellation

Phone: 517.484.9322

PLEASE NOTE: In the event of severe weather or a thunderstorm or tornado warning, it is Delta/Waverly policy to temporarily close the pool. Please call the activity cancellation number listed above for updates or listen to local TV or radio broadcasts for information about Waverly School closings.

## Class Descriptions:

### Splash

These classes provide a participant with fun and fast cardiovascular activities that also include muscle strengthening and toning. Jumping and bouncing moves are included. Class concludes with relaxing stretch session.

### Low-Impact Splash

These classes are very similar to the Splash class described above, but most of the bouncing and jumping moves have been removed. Class concludes with a relaxing stretch.

### Arthritis Foundation Aquacise

Aquatic exercise class designed by the Arthritis Foundation and taught by Arthritis Foundation certified instructors. These classes are designed to alleviate the symptoms of arthritis while increasing muscle strength, limb flexibility, and increased range-of-motion (ROM). Many participants also experience significant pain and stress relief. Stretching movements are included throughout the class.

### Arthritis Plus Foundation Aquacise

This class is a step up from the Arthritis class described above. This workout includes about 20 minutes of low-level endurance activities, which provides cardiovascular benefits to participants, as well as multiple exercises and stretches for the entire body.

### Walk/Run

Fun and dynamic, this class is designed to boost cardiovascular endurance through sustained bursts of aerobic activity, followed by short bursts of recovery. A relaxation session ends each class.

### Deep Water Splash

This class is designed to make the most of water resistance by offering the participant the challenge provided by long, strong, and powerful movements through the water – did you know that *one half hour* of water walking is equivalent to walking 2 hours on land?

### Swim Lesson Information

Youth group swim lessons are offered to children ages 6 months and up. Private and semi-private lessons are also available. Please call the Delta-Waverly Activities office for more information about costs and session dates, or to register your child.

Mike Conlin – Community Swim Supervisor

Jennifer McKervey – Community Swim Coordinator

## Please make checks payable to Delta Township

For each activity you may purchase a punch card, good for 10 visits.

Activity	Age	Fee
Adult Water Exercise*	54 and under	\$35.00
	55 and over	\$30.00
Correct change only	Drop in	\$6.00
Lap Swim	All	\$20.00
Correct change only	Drop in	\$3.00
Family Swim**	All	\$20.00
Correct change only	Drop in	\$3.00

\*Adult Water Exercise – you do not need to be a swimmer to participate. Your first visit to any water exercise class is complementary.

\*\*Family Swim – an adult aged 18 or above must remain in attendance, with no more than 5 youth swimmers under their supervision.

Punch cards may be purchased at the Delta-Waverly Activities office, 3131 W. Michigan Avenue, Lansing, Michigan. Office hours are 10:00 am to 3:00 pm.

You may also purchase punch cards by phone (484.5600) using a credit card. Visa, MasterCard and Discover are accepted.

Punch cards are also available for purchase at the pool **using a check only – payable to Delta Township.**

Swim schedules are available on Delta Township's website and at the Delta-Waverly Activities office.

## The Pool will be closed on the following days:

- ❖ 1/17 For *Martin Luther King Day*
- ❖ 2/21 For *Presidents Day*
- ❖ 3/25 For *Good Friday*
- ❖ 4/1-4/10 For *Spring Break*